



Horbury Dental care & implant clinic

making you smile for over 75 years

MAINTENANCE, HYGIENE & MONITORING OF YOUR

Dental Implant Restoration (Cement Retained)

CONGRATULATIONS! YOU HAVE NOW COMPLETED YOUR DENTAL IMPLANT TREATMENT. WE TRUST THAT YOU ARE DELIGHTED WITH THE RESULT THAT HAS BEEN ACHIEVED. IT IS IMPORTANT THAT YOU NOW FOLLOW A FEW SIMPLE INSTRUCTIONS ABOUT THE MAINTENANCE, HYGIENE AND MONITORING OF YOUR DENTAL IMPLANTS.

GENERAL:

Once dental implants have osseointegrated (fused to the bone), patients experience very few problems. We will have already discussed how important it is to care for the health of your mouth at all times. You should be aware that maintaining optimal oral health is crucial to the long term success of your dental implants. Your implant supported crown or bridge has been cemented with a soft cement so that the prosthesis is removable enabling access to the implant if necessary. But occasionally the restoration may de-bond. We can usually recement this very easily and may need to use a harder cement. If you are unable to attend promptly (for example if you are away) then any over-the-counter dental adhesive may be used eg Dentanurse. Please contact us at the first opportunity on your return. Remember to contact the practice promptly if:

- Any teeth or implant supported structures become loose.
- You experience any pain, swelling or persistent bad taste.
- You become aware of a change in the way your teeth bite together.

HOME CARE:

You will need to maintain high standards of oral hygiene. Tooth cleaning has the primary objective of preventing bacteria from plaque, growing down into the crevice between the gum and implant post. This area must be physically cleaned twice daily around every implant.

Any soft/medium toothbrush or small bottle brushes (TePe) may be recommended by the dentist or hygienist. This is used in conjunction with any anti-plaque toothpaste, gel or mouthwash.

Superfloss type materials are excellent for cleaning and polishing the necks of implants or under bridges. Regular use of dental floss/tape is also recommended.

Electric toothbrushes or water irrigation devices can also be effective and may be recommended by your dentist or hygienist, who will advise you on their appropriate use.

REMEMBER:

Smokers have a very high risk of implant failure. If you choose to smoke, then you risk losing your implants; this is entirely at your own risk and we cannot offer any guarantees or warranties for smokers.

IMPLANT REVIEW APPOINTMENTS:

After the completion of treatment, you will need to see your routine dentist at regular intervals, usually every 6-12 months. Annual visits for a review are essential. The state of your implants and supporting bone and gum must be checked. X-rays will be taken to look at the bone around the implant(s). (These appointments will be charged at the normal examination rate with radiographs). We like to see patients on the first twelve month anniversary of their implant treatment so that we can take an X-ray to check that bone levels remain stable. Thereafter, once we are happy that everything is stable, we will discharge you back to your own dentist. We will send copies of the X-rays to your dentist as a reference to help with future follow up and maintenance. It is important that the implants are X-rayed every two years to check that bone levels remain stable. Your dentist may continue to do this as part of your ordinary check-up.

LONG TERM MAINTENANCE

The health of your gums around the implants in the long term will ultimately depend on your ongoing good general health. Secondly meticulous home care is important as well as regular professional help from a hygienist and your dentist. It is important that you keep your gums and teeth as clean and healthy as you can. If you have any bleeding of your gums or a persistent bad taste, then please do let us know. Please note - implants can suffer gum disease very similarly to natural teeth and this is why it is so important you continue to maintain very high levels of hygiene and that you continue to visit the dentist regularly for routine check-ups and x-rays. Materials which are used for crowns and bridges are extremely strong and durable. However, depending on habits (such as tooth grinding), wear may be seen over a long period of time.

If you require any further advice, please e-mail or telephone the Implant Clinic:

✉ willings@horburydentalcare.co.uk

☎ 01924 211 234